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Celebrity Buzz

Theron sweetens charity deal

pg 22

Entertainment

Hudson finds joy after tragedy

pg 18

H1N1 plan for vaccination starts today

HEALTH The largest immunization program in B.C. history begins today as health officials start vaccinating those most at risk for the H1N1 flu.

Pregnant women, people in remote communities, those under 65 with chronic diseases and the homeless will be given the shots first, according to provincial health officer Dr. Perry Kendal.

The program will be expanded Nov. 2 to include health-care workers and young children before shots are made available to anyone who wants it starting mid to late November.

MORE COVERAGE, PAGE 4
METRO VANCOUVER

News on the Move

What's this barcode for?

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Canada pg 4

Rebagliati eyes Liberal nod

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Women wait for reserve rights

Drafted legislation on matrimonial homes overdue, but not enough: Leaders

LAURA EGGERTSON
for Metro Canada

Despite the federal government's promise to resume deliberations this fall about legislation to ensure that First Nations' women on reserves have rights to their matrimonial homes, no debate has yet been scheduled on the parliamentary calendar.

The law is long overdue, many aboriginal women say.

"It's about time," says Shirley Williams, an Ojibwa and Odawa elder who teaches native studies at Peterborough's Trent University.

Bill C-8 would ensure women on reserves have the same legal rights as other Canadians to matrimonial property, meaning they and their children are entitled to court-ordered protection to remain in their home in cases of domestic violence.

Currently, many victimized women on reserves and their children must leave their homes because there is no legal framework protecting their right to stay.

The legislation closes a legal gap that the Supreme Court and a legal action by the Native Women's Association of Canada pointed out, says Line Paré, director general of external relations and gender issues for Indian and Northern Affairs Canada.

This bill follows legislation the federal government passed in 2008, repealing Section 67 of the Canadian Human Rights Act. The section previously exempted First Nations people from claiming remedies to discrimination arising from the Indian Act.

For Williams, the laws begin to remedy problems she acknowledges.

"There's still a lot of physical abuse and violence on reserves towards women, because according to the Indian Act, men are the head of the households," Williams says.

FRED THORNHILL/FOR METRO CANADA

Ojibwa and Odawa elder Shirley Williams, who teaches native studies at Trent University in Peterborough, Ont., says it's high time Bill C-8 became law. The legislation ensures women on reserves have the same legal rights as other Canadians to matrimonial property.

FocusOn FirstNations

Williams attributes that inequality to assimilation and education about the gender roles that conquering Europeans instilled.

"That's how we were trained, how were taught, that men ruled the world. That's not the way it was before the Europeans came to Canada," Williams insists.

Beverly Jacobs, president of the Native Women's Association of Canada, is also deeply concerned about the level of domestic violence and inequity aboriginal women face on and off reserve. The new legislation is only an interim step, she stresses.

"Right now, this matrimonial real property legislation doesn't work," she says. "There were other issues that needed to be addressed — like violence, housing and access to justice. You can't just have a piece of legislation drafted without acknowledging the non-legislative pieces that go with it."

Those non-legislative pieces include safe housing, access to lawyers and money to pay them, Jacobs points out.

Paré says First Nations women can use legal aid programs, although she acknowledges there is no additional funding to increase that aid in this bill.

Some HandyDart service halted day before strike date

Thousands of seniors, those with physically disabilities and the seriously ill in Metro Vancouver have been left sitting at home after a labour dispute stalled their transportation service.

The Amalgamated Transit Union, representing HandyDart workers, issued a 72-hour strike notice for this morning, but most drivers who showed up for work yesterday were sent home.

Dave Watt, president of ATU local 1724, says the company jumped the gun without informing either the union or its customers that it would stop service.

Watt says they're looking for job security and to retain benefits after workers in eight separate unions were merged into one when the HandyDart service was contracted out to MVT Canadian Bus last year.

Watt says the union had only clarified some of the issues offered by the company on Thursday before it found out its workers were being sent home.

The Labour Relations Board has ruled that HandyDart services for renal dialysis and cancer patients are essential and must be provided. **THE CANADIAN PRESS**

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Local

Surfers swarm Tofino for classic

More than 140 of the world's best surfers are in Tofino today for the second day of Canada's first professional surfing competition. The O'Neill Cold Water Classic Canada event — the coldest contest in professional surfing — runs until Oct. 31.

METRO VANCOUVER

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Police-released sketch of a suspect in a sexual assault.

Suspect sought in violent sex assault

CRIME Police have released a composite sketch of a person of interest wanted in connection with a violent sexual assault in Point Grey last week.

A 24-year-old woman was dragged behind a playground, beaten and sexually assaulted at Hastings Mill Park in the early hours of Oct. 18.

"This attack was predatory in nature and it has shocked and outraged the citizens of Vancouver and the general public," said Supt. Rob Rothwell.

"Let me emphasize, we are committed to doing absolutely everything within our power to identify and arrest the person responsible for this brutal attack."

Anyone with information is asked to call 604-717-3473 or Crime Stoppers at 1-800-222-8477.

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WHAT'S ONLINE TODAY

Blogs Kenya Hunt saves the day with moustache style tips just in time for "Movember"

Lotteries

Friday, Oct. 23
Lotto Max: 4, 7, 10, 12, 23, 25 & 36 Bonus 18
Extra: 9, 53, 79, 93
Saturday, Oct. 24
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Extra: 25, 30, 31, 88
These results are not official.

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Farm coming to DTES

Construction begins this week on empty lots

KRISTEN THOMPSON
kristen.thompson@metronews.ca

The first phase in the construction of an urban farm gets underway in the Downtown Eastside this week.

Atop 15,000 square feet of asphalt, volunteers will be building giant planters and built-in composters in the hopes that, come spring, produce will be growing on five empty lots beside the Astoria Hotel.

Bryce Gauthier is a landscape architect with Sharp and Diamond Landscape Architects, which is working with Projects in Place and United We Can to build the garden at Hastings Street and Hawks Avenue.

"Ultimately it will be about 3,500 square feet of urban farm space," said Gauthier.

PHOTO COURTESY OF PROJECTS IN PLACE

An artist's rendering of the DTES' urban farm.

Volunteers

- Volunteers are invited to the urban farm on Oct. 31 at 10 a.m. Participants will build planters, compost bins, a community mural and a garden shed. For more info, visit projectsinplace.wordpress.com.

He said employment opportunities are a "huge aspect" of the project, which will provide local organic food to Vancouver restaurants and soup kitchens.

"There are a lot of groups that are trying to make the Downtown Eastside a green economic zone … to create employment opportunities in a unique way that makes the environment better," he said.

"Most of the people who do the composting do it on bikes and a large aspect of the farm is served by non-motorized transportation."

He added that the aesthetics of the DTES will be improved in the process.

STEVE NILES/FOR METRO VANCOUVER

Assistant dance coach Joe Tremblay leads an audition at the Vancouver Olympic Centre yesterday for the opening and closing ceremonies of the 2010 Paralympics.

Dancers step up for Paralympics

VANCOUVER 2010 Games

AUDITIONS They've got spirit, yes they do — some 300 hopeful dancers hit the floor at the Vancouver Olympic Centre yesterday to prove they can make the 2010 Paralympic ceremonies a success.

"I've worked on lots of auditions over the years and I told the folks coming out today that this was the most fun I've had in a long time," said Patrick Roberge, the ceremonies' executive producer.

People of all ages and abilities showed up at the auditions ready to bust a move.

Head choreographer Jocelyn Peden said she was looking for performers with heart and enthusiasm. Dance steps, she said, can always be taught later.

The opening and closing ceremonies will involve 4,000 performers in total. About 300 of those performers will be volunteers from the general public.

While they cannot match the spectacle of the Olympic opening and closing festivities, Roberge said, the Paralympic ceremonies will take a more participatory, authentic approach.

"That's what I think will make this show great, is that we have all walks of life, and they're all coming together for one purpose to create a celebration that's going to welcome the Paralympians … like no other country's done in the past."

KIMBERLY SHEARON/
FOR METRO VANCOUVER

B.C. Place roof to cost $458M

CONSTRUCTION B.C. Place stadium will finally get its retractable roof — at a cost of $458 million.

The B.C. government announced a fixed-priced contract to replace the existing air-suspended dome on the 26-year-old stadium.

The fixed-price deal with PCL Constructors Canada Inc. will see work begin after the 2010 Olympic and Paralympic Winter Games, which will use the stadium as the venue for the Opening and Closing ceremonies.

Construction is expected to be completed by the summer of 2011, in time to host the CFL's Grey Cup championship game.

The government says the final budget is based on a competitive bidding process and will create jobs.

B.C. Place's aging fabric roof ripped and collapsed under the weight of a heavy snowstorm in 2007, reviving calls to replace the stadium or give it a retractable roof to make it attractive for a wider variety of events.

THE CANADIAN PRESS

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Transit plan set to raise prices

OPERATIONS Gas prices in the Lower Mainland will increase by three cents per litre next year after a council of local mayors approved a $130-million supplemental transit plan.

The decision, which will also result in an increase in the price of monthly transit passes and FareSaver tickets, maintains road and transit operations at current levels.

The level of funding does not allow further expansion of the system, including the Evergreen Line.

The Mayor's Council was considering several funding options. TransLink revealed that growing operating costs would have exhausted TransLink's financial reserves by 2012 and resulted in a $150-million annual budget deficit.

TransLink's board has been asked to prepare a new supplement plan within the next six to nine months to establish a framework for system expansion.

METRO VANCOUVER

Man behind city's Olympic bid dies at 76

VANCOUVER 2010 Games

DEATH The man responsible for bringing the the 2010 Winter Games to Vancouver has died.

Jack Poole, a legendary Vancouver businessman and philanthropist, died Friday following a lengthy battle with pancreatic cancer.

Poole was chairman of the Vancouver Olympic organizing committee's board of directors and also headed the city's bid for the Games.

His death came one day after the flame for the Vancouver Games was lit in Olympia, Greece.

"Jack was a man of great passion and drive, and we had all hoped and prayed that he would live to experience the Games he played such a major role in securing for Canada," said John Furlong, the chief executive officer of Vancouver's Olympic committee.

Poole was 76.

THE CANADIAN PRESS

News in brief

BRIDGE The new Pitt River Bridge officially opened all seven lanes to traffic yesterday. The $198-million bridge, which connects Maple Ridge, Pitt Meadows and the Tri Cities, is the first of three Gateway Program projects to be completed.

THRILLER Around 20,000 people in more than 200 cities — including Vancouver — took part in a simultaneous dance to Michael Jackson's Thriller on the weekend in an attempt to get into the Guinness Book of World Records.

FOUND Two West Vancouver teenagers reported missing last week have been found on Saltspring Island. Alexander Nassim Carter and Calista Fanthorpe, both 15, were believed to have run away together on Oct. 15.

METRO VANCOUVER

40,000 salmon escape
About 40,000 Atlantic salmon have escaped from a fish farm on the B.C. coast. Marine Harvest Canada says divers discovered several holes in two pens leading conservationists to caution that escaped farm salmon can spread disease and sea lice to wild salmon. THE CANADIAN PRESS

Man in jail after five people stabbed

A 30-year-old Vancouver man is in jail after five people were stabbed over a half-hour period on the weekend.

"For reasons still unknown to investigators, the suspect allegedly stabbed a man in the back near the intersection of East Broadway and Commercial Drive," said Const. Lindsey Houghton of the incident on Saturday night.

Four more people were stabbed between Commercial Drive and Clark Drive, where the suspect allegedly tried to carjack a vehicle.

"Witnesses in the 1100 block of East 11th Avenue saw what happened, called 911, and two witnesses chased the suspect on foot," said Houghton.

"Officers arrested the suspect … and a weapon was recovered."

All the victims suffered non-life-threatening injuries and were treated in hospital.

The suspect is not known to the victims and a motive for the attacks remains unclear. METRO VANCOUVER

News in brief

ACCUSED A man accused of child-sex crimes in Thailand and Cambodia has admitted in a B.C. court that police have reasonable grounds to fear he's a risk to the public. Orville Mader has agreed to be held under strict conditions.

POSSIBLE CHARGES A couple who allegedly attempted to fly to Hong Kong after fleeing to Richmond from Toronto with their children during a court-appointed visit will likely face abduction charges, police said. The kids, aged five and six, were reported missing when they did not return to their foster parents' home.

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Narrow blood vessels linked to heart attack risk
All Canadians over age 50 should be routinely tested for a narrowing of blood vessels to the legs that could put them at elevated risk for a heart attack or stroke, cardiologists say. THE CANADIAN PRESS

Canada

Ad drive targets flu-shot shy

A sweeping ad campaign is planned over the next few weeks to prod reluctant Canadians to get the H1N1 flu shot. The new campaign comes as officials try to persuade a wary public to roll up their sleeves for the vaccine — though the ads won't be ready when most provinces begin their vaccination campaigns today. The new batch will urge people to get the swine flu shot instead of sneezing into their sleeves. THE CANADIAN PRESS

Flu poses a danger to homeless, say advocates

HEALTH In one of Canada's first sweeps of H1N1 inoculation, street nurses will be ducking in and out of alleys on Vancouver's Downtown Eastside, vaccinating the homeless, the downtrodden and the drug-addicted.

On the other side of the country, H1N1 syringes will be popped into the arms of the down-and-out at some of the bigger shelters in Montreal and Toronto.

But many of those who work closely with the homeless hope the efforts will be enough to keep H1N1 from striking a population segment that's among society's most vulnerable. THE CANADIAN PRESS

News in brief

POLITICS The federal Conservatives are fighting back with some stimulus number-crunching of their own, after enduring a week of Liberal accusations of pork-barrelling. The Conservatives are highlighting how they have spent billions of taxpayer dollars on major infrastructure projects mainly in opposition ridings rather than their own.

COURTS A Quebec mother, who was accused of the premeditated murder of her three young children last New Year's Eve, was found guilty Saturday by a jury. The bodies of Cathie Gauthier's three children and her husband Marc Laliberte were found in their home Jan. 1. THE CANADIAN PRESS

Olympian eyes Commons

Snowboarder Rebagliati to run for Liberal party in B.C. Interior

JEFF HODSON
jeff.hodson@metronews.ca

Ross Rebagliati, the first snowboarder to win Olympic gold, is expected to be acclaimed as the Liberal candidate in the B.C. Southern Interior riding of Okanagan-Coquihalla.

"If I'm going to make a dent in the election, it's going to be with the youth," said Rebagliati, who lives in Kelowna with his wife and newborn son.

The nomination will take place at 6 p.m. in Penticton — so far, he's the only nominee.

Rebagliati captured gold at the 1998 Games in Nagano, but had the medal stripped after tests detected marijuana in his blood.

THE CANADIAN PRESS FILE PHOTO

Ross Rebagliati of Whistler, B.C., a gold medalist in the 1998 Nagano Winter Olympics, is expected to be acclaimed as a Liberal candidate against Stockwell Day in the B.C. riding of Okanagan-Coquihalla.

The ruling was overturned and the medal returned.

The incident slalomed Rebagliati into overnight celebrity. He even appeared on the Tonight Show and was referred to as "Nickel-bagliati" in a Leno monologue.

The 38-year-old will take on International Trade Minister Stockwell Day, the former leader of the Canadian Alliance, who has held the riding for almost a decade. Day won Okanagan-Coquihalla with 58 per cent of the vote in the last election.

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*Base MSRP of a new 2009 Jetta TDI Clean Diesel base model with 6-speed manual transmission is $25,635 (including $1,360 freight and PDI) financed at 0% APR for 36 months, equals $712.08 per month. Dealer may sell for less. Down payment or equivalent trade-in, due at signing, may be required. Cost of borrowing is $0 for a total obligation of $25,635. PPSA, license, insurance, registration, any dealer or other charges, options and applicable taxes are extra. Offer ends December 31, 2009 and is subject to change or cancellation without notice. 2009 Jetta TDI Clean Diesel as shown is $33,458 with options and accessories. Dealer order/trade may be necessary. **Maximum of $3,750 savings comprised of: (1) Volkswagen "Green for Clean" Program incentive of $1,000 for lease or purchase of a new 2009 TDI Clean Diesel Sedan; (2) up to $1,250 in incentives from the BC SCRAP-IT Program Society for the purchase of a qualifying vehicle following the scrapping of a qualifying vehicle. Incentives vary based on amount of CO_2 reduction, below or above 5 tonnes ($750 or $1,250). See www.scrapit.ca for full incentive details and conditions; and (3) $1,500 PST reduction from the BC Government for the purchase of a new 2009 TDI Clean Diesel. For more information on the qualification for the PST reduction for fuel-efficient vehicles, visit www.livesmartbc.ca/transportation/t_rebates.html. "Green for Clean" Program incentive available only with the purchase of a new 2009 TDI Clean Diesel Sedan. To qualify, customer must have a valid "Thank You" letter from the Clean Air Foundation. For full details and conditions, please see your Volkswagen dealer. Offer ends January 4, 2010 and is subject to change or cancellation without notice. †For more information, see GreenCarJournal.com. ††Based on the Government of Canada's estimated fuel consumption rating of 4.8L/100 km (highway) for the 2009 Jetta TDI Clean Diesel equipped with manual transmission and a 55L fuel tank capacity. City rating is 6.8L/100 km. Actual fuel consumption may vary based on driving conditions, driver habits and vehicle's additional equipment. ‡The Jetta TDI Clean Diesel has the highest torque rating in the compact car class. "Volkswagen", the Volkswagen logo, "Jetta" and "TDI" are registered trademarks of Volkswagen AG. "Das Auto & Design" and "TDI Clean Diesel" are trademarks of Volkswagen AG. "Green Car of the Year" is a registered trademark of R.J. Cogan Specialty Publications Group, Inc. © 2009 Volkswagen Canada.

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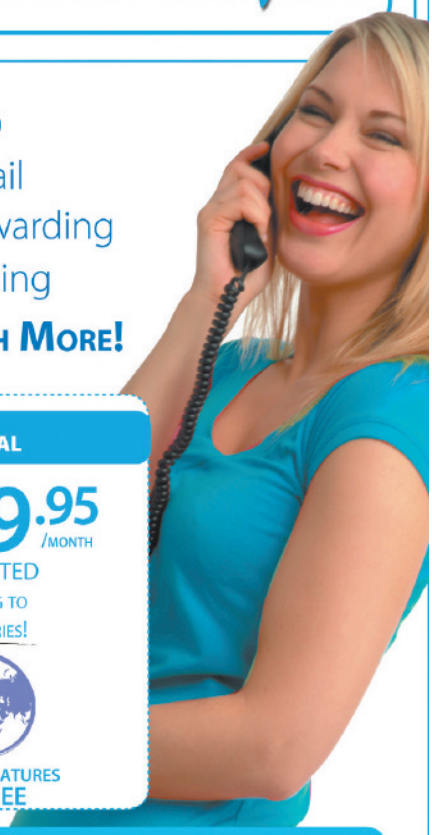

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Landmark ruling on homosexuals in the military reaches anniversary milestone
The Canadian Federal Court is celebrating a milestone this week. Oct. 27 marks 17 years since the landmark verdict that prompted more openly gay men and women to join the ranks of the Army, Air Force and Navy. THE CANADIAN PRESS

Heart signs gender neutral: Study

Heart attack symptoms in men and women are more alike than some previous studies have indicated, according to research unveiled at the Canadian Cardiovascular Congress.

No difference was found between men and women in the reporting of chest pain, the most common symptom associated with a heart attack, and other typical symptoms, such as sweating, shortness of breath and pain in the left arm, said study co-author Martha Mackay, a cardiac nurse and clinical research fellow and doctoral student at the University of British Columbia School of Nursing.

"Some studies have shown no differences ... but almost as many studies showed that there were differences, and that women reported chest pain less often," said Mackay, who is also with St. Paul's Hospital Heart Centre in Vancouver.

But one difference was detected, she said, as women reported jaw, neck and throat pain significantly more often than men. THE CANADIAN PRESS

News in brief

KIDNAPPING The longtime friend of Canadian journalist Beverley Giesbrecht, who was kidnapped in Pakistan nearly a year ago, says he's received calls from her captors demanding money and he fears she will die before any settlement is reached.

THE CANADIAN PRESS

PROTECT YOURSELF FROM THE H1N1 FLU VIRUS
The H1N1 flu virus is different from regular seasonal flu. This is a new strain of influenza and humans have little to no natural immunity to it. The H1N1 flu virus has spread quickly around the world and in June 2009, the World Health Organization declared it a pandemic.
Plan ahead
Learn how to recognize the flu symptoms and when you need to see a health care provider.
Get the H1N1 flu vaccine when it becomes available.
Speak to your family and friends about how you can help each other during the flu season.
Stock up on essentials such as pain and fever medications, and easy meals.
Have important phone numbers, such as your doctor's or pharmacist's, on hand.
Get your H1N1 Preparedness Guide
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Bears take a liking to minivans

What's bigger than a picnic basket and even better than one in the eyes of black bears in California's Yosemite National Park? A study in the Journal of Mammalogy says it's minivans driven by families who leave behind a trail of spilled juice boxes and food. Park scientists have found that the bears tore up minivans more frequently than other types of vehicles. THE ASSOCIATED PRESS

World

Madonna launches school in Malawi

An official for Madonna's African charity says the star has arrived in Malawi to visit the girls school she is building in the impoverished country where she adopted two children. The official said Madonna would take part in a groundbreaking ceremony for the girls school today. Madonna's Raising Malawi charity helps care for some of the country's one million orphans. THE ASSOCIATED PRESS

Deadly bombings rock Baghdad

A pair of suicide car bombings yesterday devastated the heart of Iraq's capital, killing at least 147 people in the country's deadliest attack in more than two years. The bombs targeted two government buildings and called into question Iraq's ability to protect its people as U.S. forces withdraw.

The bombings show insurgents still have the ability to launch horrific attacks even as violence has dropped dramatically in Iraq. Many fear such attacks will only increase as Iraq prepares for crucial January elections.

The street where the blasts occurred had just been reopened to vehicle traffic six months ago. Shortly after, blast walls were repositioned to allow traffic closer to the government buildings. Such changes were touted by Iraq's Prime Minister Nouri al-Maliki as a sign that safety was returning to the city.

The attacks occurred just hours before Iraq's top leadership was scheduled to meet with heads of political parties in order to reach a compromise on election guidelines needed to hold the January vote.

The initial investigation suggested the vehicles, each loaded down with more than 1,500 pounds of explosives, might have passed through some security checkpoints before hitting their destination, said Maj. Gen. Qassim al-Mousawi, a spokesman for the city's operations command centre.

There have been no claims of responsibility so far, but massive car bombs have been the hallmark of Sunni insurgents. THE ASSOCIATED PRESS

Casualties

- The dead included 35 employees at the Ministry of Justice and at least 25 staff members of the Baghdad Provincial Council, said police and medical officials. At least 721 people were wounded, including three U.S. contractors.

Canadians no longer welcome in Libya: Gadhafi

FOREIGN AFFAIRS Canadian travellers have been told they're not welcome in Libya, an apparent reprisal for Canada's near tongue-lashing of Moammar Gadhafi.

Gadhafi cancelled a planned stopover in Newfoundland last month after the Harper government made public its intention to scold the Libyan leader over the hero's welcome Libya gave a man convicted in the 1988 Lockerbie bombing.

Since then, Gadhafi has made clear to officials in Libya that no visas are to be granted to Canadians. The move has left some Canadians who were part of recent tourist groups travelling in the Middle East and North Africa in the lurch. THE CANADIAN PRESS

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TODAY, IT'S A BRAND NEW CBC NEWS.

India **Tragic fire and a mother's pain**

TARUN DAS/THE ASSOCIATED PRESS

A woman whose two children died in a fire at a slum wails yesterday as she sits amidst the remains of her home in Siliguri, India. An unattended burning lamp is being held responsible for causing the fire, which quickly spread and engulfed almost all of the 200 shanty houses.

Clashes erupt around holy shrine

JERUSALEM Israeli police firing stun grenades faced off yesterday against masked Palestinian protesters hurling stones and plastic chairs outside the Holy Land's most volatile shrine, where past violence has escalated into prolonged conflict.

A wall of Israeli riot police marched toward young men, sending many of them running for cover into the Al-Aqsa mosque, one of the Islamic structures in the compound known to Jews as the Temple Mount and to Muslims as the Noble Sanctuary. They remained holed up in the mosque with police outside for several hours until dispersing before nightfall. Eighteen protesters were arrested, and no serious injuries were reported. But even mild troubles at the disputed compound in Jerusalem's Old City can quickly ignite widespread unrest, and police remained on high alert.

"Jerusalem is a red line that Israel should not cross," said Palestinian Authority spokesman Nabil Abu Rdeneh. THE ASSOCIATED PRESS

SEBASTIAN SCHEINER/THE ASSOCIATED PRESS

A Palestinian youth hides as he hurls rocks at Israeli police.

News in brief

INDONESIA Plans to open branches of a Malaysian "Polygamy Club" in Indonesia have upset women's groups and religious leaders in the world's most populous Muslim nation, who say the search for multiple wives should be handled privately — not by a matchmaking service. Under Islamic law, men are permitted four wives. THE ASSOCIATED PRESS

UN nuclear inspectors check Iranian bunker

IRAN UN inspectors entered a once-secret uranium enrichment facility with bunker-like construction and heavy military protection that raised Western suspicions about the extent and intent of Iran's nuclear program.

The visit yesterday by the four-member International Atomic Energy Agency team, reported by state media, was the first independent look inside the planned nuclear fuel lab, a former ammunition dump burrowed into the hills south of Tehran and only publicly disclosed last month. THE ASSOCIATED PRESS

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Comment

Carving the Halloween mangelwurzel

HineSight

Anne Hines

metronews.ca/hinesight

Recently, this column offered a Hinesight History of Thanksgiving. Due to the unprecedented success of this article (no one wrote in to complain), I give you The Hinesight History of Halloween.

Halloween is believed to have originated with the Celts, who held a fall festival called "Shamhainiglub." This is a Gaelic word. Gaelic is an ancient language in which a whole bunch of letters were strung together and then pronounced anyway the Gauls felt like. So the likely translation of Shamhainiglub is Halloween.

We've all heard the phrase, "Nasty, brutish and short." Nowadays, this means "a reasonable prediction for the current season of the Toronto Maple Leafs." In Celtic times it referred to "every bit of life all the time."

In late October, the Celts believed evil spirits roamed the Earth for three days. I don't know why it was only three. Perhaps by that time the demons were saying, "Gosh, life here is really nasty, brutish and short" and figured there was nothing more for them to contribute. But during those three days it was necessary to protect yourself by scaring them off.

One way of doing this was, apparently, to place human heads on sticks outside the village. A modern expert explains this custom as "a means of structuring, reinforcing and defending hierarchical relationships between communities." Loosely translated, this means "scaring the bejesus out of the other guy."

SunnySide

Later, actual heads were abandoned (as in, the practice was left off ... at least I think that's what it means) and vegetables carved with faces were used. The vegetable of choice was the mangelwurzel. I'm not making that up.

The proper way to carve a mangelwurzel was with a broadsword. You know, if Martha Stewart wanted to offer us real culinary excitement she'd go after food with large military weapons.

And a popular holiday sport was mangelwurzel hurling. By "hurling" I believe they meant "throwing," not the other thing. Though not having ever eaten a mangelwurzel, I can't be sure.

Eventually, the Celts realized they needed a less silly-sounding name for mangelwurzel and it was renamed "rutabaga." At that point it seemed easier just to go with pumpkins.

Nowadays, children roam at Halloween. Those who wonder what connection there could possibly be between demons and children need to meet the kid two doors down from me. And now, of course, our strategy is to be as nice as possible. It's the Canadian way.

Happy Halloween!

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

Views

Pedestrian mall doesn't walk the talk

InTransit

Derek Moscato

dmoscato@yahoo.com

Janette Sadik-Khan, New York City's transportation commissioner, visited Vancouver last week to showcase the progress her city has made in improving life for Big Apple commuters.

One of the radical changes she touted was this year's transformation of several blocks of heavily travelled Broadway into, wait for it, a pedestrian zone. Guess what? Her Times Square traffic overhaul has worked.

Contrast that with Vancouver, where pedestrians are still waiting for a walking mall of their own. Some might be pinning their hopes on the downtown stretch of Granville Street better known as Granville Mall. To date, it's been the only pedestrian mall where an evening stroll means dodging trolley buses, drug peddlers and drunken rowdies.

But with the street's redesign entering its final stretch, there's renewed hope Granville will become a haven for walkers. Locals will get a taste of this during the Winter Olympics, when Granville Street becomes a designated pedestrians-only zone.

Some armchair planners have speculated the Olympics plan could become permanent after the Games. And why not? It would be an inspired urban legacy.

But, as a senior official with the City of Vancouver recently told me, taking the buses off Granville is an almost certain non-starter. Why? Because TransLink has made a major financial investment in the street's overhaul, including bus infrastructure. Which means there's no getting away from Vancouver's "bowling alley for buses."

But at least transit is at the ready if you need to make a fast escape from belligerent boozers.

*****

It's telling that at a time when TransLink is scaling back on passenger ferry service between the North Shore and downtown Vancouver, private enterprise is setting up new vessel crossings across Burrard Inlet.

Last week, Coastal Link Ferries received approval from West Vancouver to run a commuter boat between Ambleside Pier and Coal Harbour. The six-month pilot project, overseen by Coastal Link boss Ihab Shaker, will commence as early as November.

In unfortunate contrast, TransLink is planning on shelving one of its perfectly usable SeaBus ferries after the 2010 Olympics due to the cost of refurbishing the existing vessels.

But thanks to the bold entrepreneurial vision of Capt. Shaker, Metro Vancouver is going to get a third passenger ferry crossing after all.

And this one won't cost taxpayers a dime.

Derek Moscato is a writer with a focus on urban issues, transportation, architecture and economics; dmoscato@yahoo.com.

MICHAEL DE ADDER

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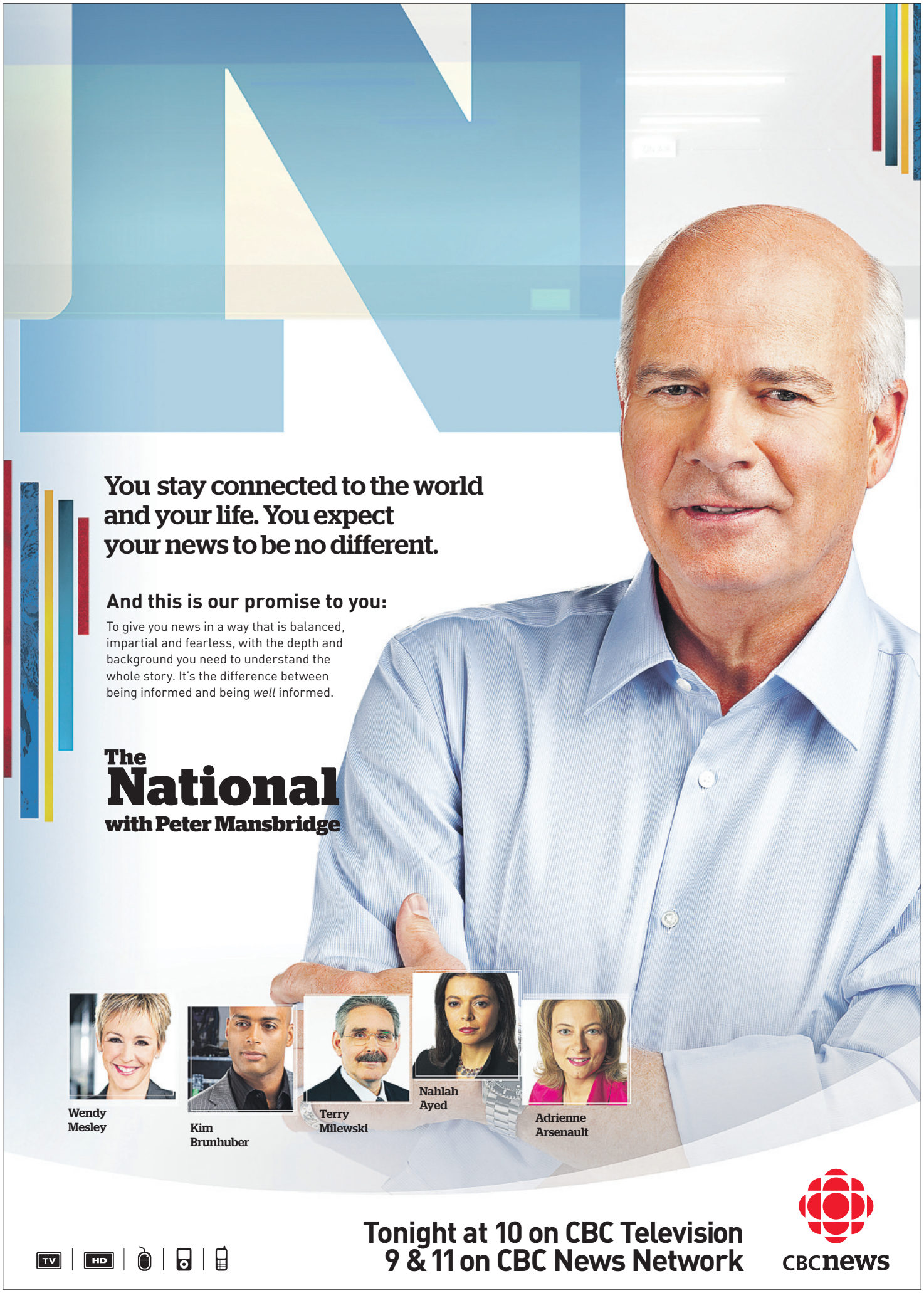
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The PR angle

Wary of the endless debate around global warming? Canadian public relations expert James Hoggan blames spin doctors for all the naysaying. Read the entire account in his book Climate Cover-Up: The Crusade to Deny Global Warming, co-written with journalist Richard Littlemore. Paperback, $22.99. METRO NEWS SERVICES

Going Green

Pencils make point

Earthzone has created a line of environmentally friendly pencils that help you erase the eco-guilt every time lead touches paper. The Canadian company's products are made from 100 per cent post-consumer newspaper.

METRO NEWS SERVICES

EDITOR: KUMAR.SAHA@METRONEWS.CA

They smell like nature

Many perfumers picking up eco-friendly scents

ROMINA MCGUINNESS
Metro World News

The green revolution is pretty much taking over our lives; from the clothes we buy, to the food we eat, to the perfume we wear. A handful of companies are coming up with perfumes devoid of synthetics and chemicals, responding to the increasing need to cut out the contact we have with unnatural substances and toxins. The question is, do we really know which are best?

"The world of perfumes is a world of dreams. The role of a perfumer is to create a smell someone will fall in love with; the industry rotates around the notion of pleasure" explains Olivia Giacobetti, one of the most respectable 'noses' in the perfume industry.

Having created signature scents for the likes of Guerlain, L'Artisan Parfumeur and Diptique, her latest collaboration with Honoré des Pres a 100 per cent biological perfume (one of the few bearing the Eco Cert label) has made everyone follow her scent.

According to Giacobetti, claiming to be eco is simply not enough when it comes to creating a scent. She doesn't believe creating an eco perfume is a concept in itself — what you need is backbone, heaps of creativity.

"Try and imagine the perfume world through the eyes of an architect. A perfume that is 100 per cent biological, it's like building a house without concrete, bricks or steel. The end result will be only a straw house instead of a brick one. I set myself two rules; never attempt to build a brick house from straw, and never attempt to copy a synthetic perfume scent.

"For Honoré des Pres, I had to work towards something new. When I created the 'Nu Green' scent, I pictured it being sprayed with the swiftness of a draft of air or gushing water. Biological scents don't last as long on the skin, so I played on the idea. It's a bit like taking a magnifying glass and creating a raw, though-provoking smell where essentially the raw material is the smell."

This is no cue for you to rush to your perfume cabinet and swap your bottles of Chanel or Guerlain for some herbal concoction of rose petals and lavender.

"That us perfumers believe chemistry and synthetics are dangerous is a huge misconception. A lot of the synthetic molecules used in perfumes are natural ones chemists have 'isolated' and reproduced. Nature has its drawbacks. Take Mandarin and Bergamot, both are 100 per cent natural, yet they can set off terrible allergic reactions."

"Biological scents don't last as long on the skin, so I played on the idea."
Perfumer
Olivia Giacobetti

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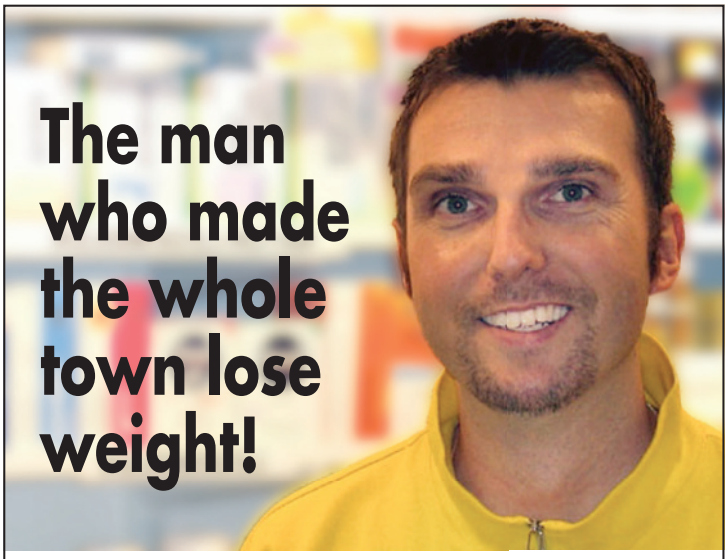


The man who made the whole town lose weight!

In the small town of Ålesund in Norway, people have been introduced to a secret about weight loss that made over 1500 of them lose weight. The man behind the secret is a health food storeowner, who discovered a new and innovative way of using mulberries.

A CUSTOMER ASKED FOR ADVICE

It all began a summer day in 2006 when a customer of Johnny Pettersen asked him for advice about how to eliminate sugar cravings; "I gave my customer a box of New Nordic's Mulberry leaf tablets, because mulberry is well known to lower your blood sugar after meals. When blood sugar is stable, sugar cravings disappear. It worked very well!"

THE MULBERRY DIET!

"I recommended mulberry to many of my customers and soon noticed that they were losing weight. This made me curious, so I studied the effect of mulberries on blood sugar, insulin and fat burning. Surely enough, because of the effect on blood sugar, mulberry leafs also lead to a lower insulin secretion, which makes you able to burn stored fat better and also reduces fat storage from excess calories.

I increased the dosage and now started recommending two mulberry tablets before each meal. It worked better than I expected! My customers not only controlled their sugar cravings, but also lost significant amounts of weight." says Johnny, and continues: "I recommend customers to follow the program for a minimum of 10 days, in order to also eliminate their need for sugar stimulation. Sugar works as a drug on the brain and people need to eliminate the need for a sugar high, if they want to stay slim. With mulberry my customers changed to a healthier diet without even noticing it – they simply didn't crave sugar."

1500 CUSTOMERS LOST WEIGHT

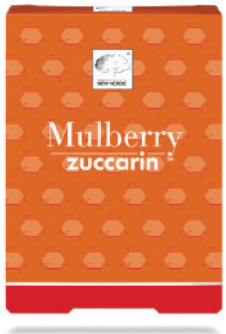
After the success of the first customers, word traveled fast; "In the last 12 months I have worked with over 1500 customers in Ålesund and the surrounding area. Mulberry has been a tremendous success. Once my customers try the tablets they come back, often with friends and family, and buy 4-6 packages at a time – not just one. It is a great business, but even more rewarding because I see my customers coming back happy, healthy and slim", Johnny explains.

AN OLD JAPANESE TRADITION

For centuries, the Japanese have enjoyed the health benefits from mulberry leaf teas, and today we know from clinical studies how mulberry leaves regulate blood sugar levels. For dieters, this means a lower production of insulin after eating carbohydrates. Insulin is responsible for storing excess calories as fat and for shutting down fat burning. Too much insulin is a dieter's worst enemy!

NOW IN CANADA

Scandinavian manufacturer New Nordic has recently launched a mulberry product in Canada, called Mulberry Zuccarin™. The tablets have been developed in Japan in collaboration with mulberry farmers, botanical experts and a reputable Japanese university hospital outside of Tokyo. Each tablet contains 400 mg of pure mulberry leaf extract.



Mulberry Zuccarin™ is now available in Canada at participating:

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Tally of shuttered U.S. banks hits new high

The number of U.S. banks that have failed so far hit 106 Friday. But dozens, perhaps hundreds, of others remain open even though they are equally weak. THE ASSOCIATED PRESS

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Deficit may hit $110B

Piling debt could mean cuts, tax hikes

The bills are coming in across the country, and they are hefty.

In the last two days, Ontario reported it will suffer a $24.7-billion deficit in the current fiscal year, almost double its March projection, and the federal government said it is already $23.7 billion in the red, only five months into its year.

With Quebec issuing an update next week, the TD Bank is also revisiting its report earlier this week that the total public sector shortfall will be at least $90 billion this year; it likely will be in the $100-$110 billion range.

TD Bank economist Derek Burleton says governments are creating such a debt elephant that they will need to cut spending drastically or even raise taxes to prevent Canada from falling into the deficit nightmare of the 1970s, '80s and '90s.

Bank of Montreal economist Douglas Porter agrees that governments will soon have to shift their attention from how to spend to stimulate the economy to how to kill the monster they created.

On Friday, Finance Minister Jim Flaherty told a business audience near Toronto that the government needed to pump spending in the face of a deep recession.

And he repeated the familiar mantra that Canada is "by far" in the best fiscal position among Group of Seven countries to pay off its mounting debts.

But economists say that distinction is carrying less weight with each new recalculation of upcoming shortfalls.

"I think we are going to reach an uncomfortable juncture, perhaps as early as next year, when the recovery is still relatively young, and yet deficits will be so large they will cry out for the need for some restraint," Porter said.

THE CANADIAN PRESS

More energy buys in Canada likely: Analysts

POWER Canada is one of the few regions left in the world that has a multitude of firms exploiting its vast oil and gas resources, making it fertile ground for reserve-hungry global players to launch acquisitions.

"I think that Canada is an attractive area because there are lots of relatively small independent companies in Canada, which are easier to acquire than perhaps other regions of the world, where big players are exploiting oil," said Tom Grieder, Asia Pacific analyst with IHS Global Insight in London.

Most recently, state-owned Korea National Oil Corp. agreed this week to buy Calgary-based Harvest Energy Trust for $4.1 billion in cash and debt.

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Business in brief

AUTO Violent strikes and protests at a parts supplier in India are forcing a one-week shutdown of Ford Canada's plant in Oakville, Ont., the automaker said Friday. Spokeswoman Lauren More said the parts shortage is the result of labour unrest at the supplier, Rico Auto Industries, which produces transmission parts.

MORTGAGES The Bank of Montreal said in a report released Friday that, over the past 30 years, variable-rate mortgages have been more cost-effective for Canadians 82 per cent of the time. That may come as a surprise, as studies show many prefer a more stable fixed-rate mortgage. THE CANADIAN PRESS

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Acta to coach Indians

The Cleveland Indians hired Manny Acta as their manager yesterday. The team said Acta signed a three-year contract with a club option for 2013. Acta was fired by the Washington Nationals in July. THE ASSOCIATED PRESS

Sports

Sampras bests Agassi

Pete Sampras, left, edged Andre Agassi in three sets yesterday as the two retired American tennis greats revisited one of the sport's greatest rivalries. The 3-6, 6-3, 10-8 win in Macau, China, was the first time the two had played since Sampras won the 2002 U.S. Open final for his then-record 14th Grand Slam. THE ASSOCIATED PRESS

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Sports in brief

PGA Troy Matteson birdied the second playoff hole to beat Jamie Lovemark and Rickie Fowler in the Frys.com Open yesterday at Grayhawk Golf Club. Bright's Grove, Ont., native Mike Weir had the round of the day, a sizzling 9-under 61 that left him in a tie for sixth. Calgary's Stephen Ames finished at 11 under, seven strokes back.

SKIING Didier Cuche of Switzerland and Ted Ligety of the United States finished 1-2 yesterday in the opening men's World Cup race, a giant slalom on the Rettenbach glacier skipped by U.S. star Bode Miller. Jean-Philippe Roy of Rimouski, Que., finished ninth with a two-run time of 2:24.08. Robbie Dixon of North Vancouver, B.C., was 16th in 2:24.65, while Francois Bourque of New Richmond, Que., finished 26th in 2:26.15.

TENNIS Russia's Mikhail Youzhny rallied to beat Janko Tipsarevic of Serbia 6-7 (5), 6-0, 6-4 yesterday to win the Kremlin Cup, while Italian Francesca Schiavone won her second career title, beating Olga Govortsova of Belarus 6-3, 6-0 for the women's crown.

CURLING Scotland's Eve Muirhead cruised by Stefanie Lawton of Saskatoon 9-3 to win the Three Nations Cup women's curling final yesterday. Muirhead scored five in the seventh end to secure the victory in a match where she was rarely tested.

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Luongo crowned shutout king

NHL RESULT

Edmonton 0 Vancouver 2

Roberto Luongo made 27 saves for his first shutout of the season and the Vancouver Canucks blanked the Edmonton Oilers 2-0 yesterday.

Luongo's 21st shutout as a Canuck moved him past Kirk McLean as the all-time franchise leader.

Injury

- Kyle Wellwood became the latest Canucks player injured when he broke his big toe in Saturday's 3-1 victory over Toronto.

Luongo was at his best when Edmonton had a five-on-three power play for one minute 32 seconds midway through the first period.

He got his glove on a Patrick O'Sullivan slapshot and then foiled Shawn Horcoff on the rebound, came across the crease to thwart Dustin Penner and corralled an Ales Hemsky shot from the face-off circle to his right.

Rookie Michael Grabner opened the scoring with his second goal in the last three games.

Henrik Sedin, with his first goal in six games, also scored for Vancouver (6-5-0) as the Canucks recorded their third straight victory before a sellout crowd of 18,818 at GM Place.

The Canucks outshot the Oilers 29-27.

THE CANADIAN PRESS

DARRYL DYCK/THE CANADIAN PRESS

Vancouver goalie Roberto Luongo stops a shot by Edmonton's Shawn Horcoff last night in Vancouver.

Yankees head to World Series

(New York wins series 4-2)

Angels 2 Yankees 5

MLB The New York Yankees claimed their first pennant in six years yesterday, beating the Los Angeles Angels 5-2 in Game 6 of the AL championship series.

Pitcher Andy Pettitte set a post-season record for wins, Johnny Damon hit a two-run single and Mariano Rivera closed it out in familiar fashion with a six-out save as the Yankees won their 40th American League crown.

Next up, New York hosts defending champion Philadelphia in the World Series opener Wednesday night.

THE ASSOCIATED PRESS

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Vernon native qualifies for PGA Tour

GOLF Chris Baryla is the newest Canadian on the PGA Tour.

The golfer from Vernon, B.C., finished up a strong comeback year yesterday, placing seventh in the Nationwide Tour Championship to finish 19th on the money list and earn his PGA Tour membership in 2010.

Baryla was limited to just seven Nationwide starts a year ago because of back problems. That left him without full status on tour to start this season and forced him to Monday qualify for events early in the year.

He ended up making the cut in 13 of 14 tournaments and earned $217,680 US. The top 25 players on the Nationwide Tour move up to the PGA Tour each year.

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Low high-school completion rate francophone Quebecers, Aboriginal youth
A new report from the C.D. Howe Institute concludes that high-school dropout rates in Canada are, in many cases, high, and are costly to society. The problem is particularly acute among Aboriginal individuals and francophone Quebecers. METRO NEWS SERVICES

Workology

Canada's new masters of PR

The first Master of Public Relations class graduated from Mount Saint Vincent University, in Halifax, yesterday. The program is the only of its kind in the country. "We are extremely proud of the accomplishments of the members of this year's graduating MPR class," says Dr. Amy Thurlow, Chair of the university's public relations department. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Are you ready for a jewelry party?

Small Business

RAFAEL BRUSILOW
for Metro Canada

Breaking the mould of the traditional direct sales model, Silpada Designs is showing Canadian women they can make their entrepreneurial ambitions sparkle by selling jewellery in a casual, party setting that focuses on fun instead of formality.

PHOTOS SUBMITTED

Bonnie Kelly and Teresa Walsh, above, founded Silpada Designs — a direct sale jewelry retailer — in 1997. At top left, a close up of some Silpada jewelry while photo below shows a jewelry party in action.

Silpada was founded in 1997 in the United States by stay-at-home moms and self-made entrepreneurs Bonnie Kelly and Teresa Walsh who had wanted to come up with a way to earn some income while still being able to take care of their kids. They took their combined passion for designing and selling jewellery and started Silpada on the philosophy that direct sales works best when there is no pressure and customers can explore the product with their friends.

The formula is simple: Silpada reps set up parties where women and their friends try on and buy jewellery without any formal sales speeches to wade through. Arrival times are casual, there's no pressure to buy and parties usually run for a few hours. At the end of the night the rep earns a commission of 30 per cent of the sales total and the hostess who offered her house to be used for the party receives the same 30 per cent of total sales in credit for free jewellery. The sales average for each Silpada party is $1,250 meaning reps and hostesses average $375 each per party — not bad for a few hours' worth of mingling with your friends, especially since there's no resumé to hand in or weekly hours to maintain since reps work as little or as much as they like.

The model has been so successful that Silpada has quickly grown to more than 28,000 representatives in the U.S. and retail sales of $270 million since 1997 and about 1900 reps across Canada with retail sales of $10 million since entering the Canadian market in April 2008.

"We feel very blessed. Our goal was never to get out there and make this big, huge company. When you base something on your heartfelt passion, people see that," Walsh said.

"It's an easy product to sell — there's no pressure and because of the party atmosphere it's very low-key. You don't have to feel like a sales person," Kelly said.

Kimberly Ross, 37, used to be a construction safety manager in Toronto before becoming a full-time stay-at-home mom. Since starting last October she runs two or three parties per week and says Silpada is a natural fit.

"I wanted to get back into the business world — I wanted to do something for myself. It's given me back my own sense of self from a business perspective."

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Designs unveiled for trades facility at CNC

Last Thursday, architects working on the new $9.8 million trades training facility at B.C.-based College of New Caledonia's North Cariboo Community campus unveiled their blueprints to government officials. It's slated for completion in February 2011. METRO NEWS SERVICES

Workology in **brief**

NEW RESIDENCE AT NORTHERN LAKES COLLEGE Last Wednesday, Alberta-based Northern Lakes College celebrated the opening of a new residence in Slave Lake, part of a push to educate more local people for employment in the oilsands. The $4.9-million, 52-bed townhouse-style residence will be particularly useful for apprenticeship students, who have difficulty finding short-term accommodation during 8- to 12-week courses.

AGAIN POPULATION The proportion of seniors in Canada's population is expected to balloon to as much as a quarter of the population by 2030, from 14 per cent currently. And while many middle-class Canadians don't have a workplace pension plan or personal savings, more people will experience a dramatic decline in their living standards when they leave the workforce.

HEATHER BUCHAN/ METRO NEWS SERVICES

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OddJobs

Diane Peters

Metronews.ca/oddjobs

Daniel Berkal has a masters degree. Still, last year, he spent time working the graveyard shift at convenience stores in dangerous neighbourhoods in three United States cities.

He never cashed a single paycheque and wore a hidden video camera the whole time. He was trying to better understand shopping habits at these stores for a major advertising firm.

All in a day's work for this qualitative researcher.

The 31-year-old, who was born in Winnipeg, had early dreams of playing piano for a living. Realizing that probably wouldn't work out, he did a degree in psychology at McGill University, and then looked for a career. "I had a very creative streak, but I also wanted to make some money."

Berkal found a masters program in advertising in Texas and that led to jobs at ad agencies across the United States. Then he met a recruiter who told him he'd perfectly suit research.

Berkal thought that sounded boring. He was wrong — he found himself travelling all over the world and talking to interesting people about why they bought products and how they used them.

Today, with the Toronto company he helped found last year, The Palmerston Group, Berkal continues to travel the world.

He spends 70 per cent of his time on the road and the rest of the time writing reports — often in Toronto coffee shops, which he finds inspiring.

Most of the time, his field work involves running focus groups to find out more about consumer behaviour for his clients, who are mainly advertising agencies and manufacturers. As well, he does home visits to watch people use household gadgets or surf websites.

But sometimes he gets to do research in unconventional ways. "We like to spice it up when a client gives us a challenge."

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

PHOTOS SUBMITTED

Daniel Berkal is a qualitative market researcher who goes into stores to understand as much as possible about consumer behaviour for his clients.

The **Lowdown**

Job title: Qualitative market researcher

Salary: $100,000 and up

Education/training: Social science and business background

Best Part of the Job: "Every single day is different. I get to meet the most interesting people from all walks of life."

Worst Part of the Job: "There are high seasons and there are low seasons and you don't always know when they will be."

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Canadian university enrolment up by 38,000 students
According to the Association of Universities and Colleges of Canada, there are an additional 38,000 full-time students enrolled in universities across the country this year compared to last fall. METRO NEWS SERVICES

Smaller holiday parties once again

With the start of the holiday season weeks away, many small business owners are planning holiday parties for employees and clients despite the still wobbly economy. But the celebrations are expected to be low-key, frugal and, some say, much more fun.

Even owners whose businesses are doing better say they're sticking to simpler events this year.

"We could afford to have a catered event, something fancy, but it's not in our DNA" given the events of the past year, said Ginny Pitcher, president of Kel&Partners, a marketing and public relations firm based in Boston.

"In the past we always have had a holiday celebration and we've always either gone out to a restaurant with workers and spouses or we hosted a party at our house and have it catered," Pitcher said. "Last year, we decided it just wasn't the right thing to do to have a catered affair, so we decided to have a potluck. We found it was the best holiday party we've had to date.

"People were there till the wee hours of morning, talking and getting to know each other better."

Pitcher said the company has been affected by the recession, although "we've managed the last 18 months very well."

Now, she said, "we're seeing things turning a corner and we're very confident about the next 18 months," but that doesn't mean it's back to the days of a big party.

Tom Lee has had a similar experience with at his Boston-based marketing firm, 451 Marketing. Two years ago, the company rented out an entire restaurant, brought in a DJ and had 250 people including employees and their families, clients and friends. Lee, who called the event "a really elaborate party," estimates it cost between $10,000 and $12,000 US.

"Last year, like everyone else, we were feeling the recession for sure," Lee said. So the firm held a party for about 100 people at its offices, the DJ was replaced by an iPod and the tab came to about $1,500.

And everyone had a much better time. This year, the company is in better shape and could go back to the big affair, but Lee and his partners asked the staff what they wanted to do.

"Everyone decided that the smaller event that we did last year was more fun," he said.

"Everyone decided that the smaller event that we did last year was more fun." Business owner Tom Lee

At Olana, a Manhattan restaurant, managing partner Patrick Resk, said small businesses that last year were cancelling parties are booking for this December.

Small businesses "want to have their employees celebrate a very tough year and the economy is coming back and it seems like it's no longer a bad perception to have something for the employees," Resk said.

But, like Parisi, he's seeing some dramatic changes.

Two years ago Olana was able to book parties at $130 to $150 a head, but now businesses are only willing to pay $100, and many, looking to save more, are asking for off-peak times that cost $75 a head.

At the same time, some owners don't want employees to think they're skimping. Resk said these owners are splurging on things like super-premium vodkas.

"It's Grey Goose as opposed to Absolut," he said.

THE ASSOCIATED PRESS

One thing that certain employers won't be skimping on this year is premium liquor for their parties.

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Robert Kiyosaki will not attend this workshop.

Timberlake gets restraining order against woman

Justin Timberlake has been granted a restraining order against an "obsessed and mentally unstable stalker," according to court papers filed Friday. The woman was taken into protective psychiatric custody after trespassing earlier in the week. USMAGAZINE.COM

Entertainment

Pitt unharmed

Brad Pitt is OK after the motorcycle he was driving collided with a paparazzo's car Saturday in Los Angeles. Photo agency X17 reports that Pitt was hit from behind and lost his balance. USMAGAZINE.COM

EDITOR: DEAN.LISK@METRONEWS.CA

Box office

Paranormal Activity is the No. 1 film at the box office

Estimated ticket sales for Friday through Sunday at U.S. and Canadian theatres:

1. **Paranormal Activity:** $22 million US
2. **Saw VI:** $14.8 million
3. **Where the Wild Things Are:** $14.4 million
4. **Law Abiding Citizen:** $12.7 million
5. **Couples Retreat:** $11.1 million
6. **Astro Boy:** $7 million
7. **The Stepfather:** $6.5 million
8. **The Vampire's Assistant:** $6.3 million
9. **Cloudy With a Chance of Meatballs:** $5.6 million
10. **Zombieland:** $4.3 million

THE ASSOCIATED PRESS

Tragedy and triumph

Jennifer Hudson finds happiness a year after murder of three family members

In the year since three members of her family were brutally killed in Chicago, Grammy and Oscar winner Jennifer Hudson has found ways to heal and start a new life.

And it appears the 28-year-old is happy again.

The actress and singer has gushed over her role as a new mother. She has started going out again, including an appearance at a New York gala just days ago. And she's poured herself into her work, from a gospel-tinged rendition of the national anthem at the Super Bowl months after the slayings to a VH1 Divas concert in New York last month.

"Her way of grieving is to put it all into her work and into her new baby," said Ian Drew, senior music editor at Us Weekly magazine. "She's celebrating what she has."

Now she is set to return to Chicago next month to film an ABC prime-time special in which she'll share memories of her childhood Christmases in her old neighbourhood and the church where she started singing.

It will be a bittersweet journey as she films Jennifer Hudson: I'll Be Home for Christmas, which is to air in December.

A year ago, just as her career was really taking off with roles in movies like Sex and the City and The Secret Life of Bees, Hudson had to return home for the worst reason possible.

On Oct. 24, 2008, the bodies of her mother, Darnell Hudson Donerson, 57, and brother, Jason Hudson, 29, were found in the family's home on the city's South Side. The body of her seven-year-old nephew, Julian King, was found days later in a sport utility vehicle on the city's West Side. All three had been shot.

Hudson has repeatedly declined to talk about publicly about the killings. She and her publicist declined interview requests from The Associated Press.

"She's heartbroken," said Bob Israel, 40, who was friends with Jason Hudson and lives near the Hudsons' Chicago home. "They were a close-knit family."

William Balfour, the estranged husband of Jennifer Hudson's sister, Julia, was charged with first-degree murder in the killings. Balfour pleaded not guilty and remains jailed.

The following days were tumultuous for Jennifer Hudson, including a trip to the Cook County medical examiner's office to identify King's body.

A picture of the cherub-faced boy, nicknamed "Juice Box," was posted on Hudson's MySpace page after the killings and has remained there.

"I want to thank each and every one of you for your thoughts and prayers during this difficult time," she wrote on her MySpace blog.

"Her way of grieving is to put it all into her work and into her new baby." Ian Drew

After the funeral and a star-studded memorial service, Hudson, who won her an Oscar in 2007 for her supporting role in Dreamgirls, spent the next few months away from the public eye.

By February, she had launched back into work, filming a video for If This Isn't Love, followed by the Super Bowl performance and a Grammy win for best R&B album for her self-titled debut CD.

These days, Jennifer Hudson is focusing on her son, David, named after her fiance Daniel David Otunga.

Hudson recently talked with reporters about her son, saying she's looking forward to seeing "who he becomes, who he takes after, what he decides to do, if he'll sing."

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Retrial for purse-snatcher
Kirsten Dunst's purse theft trial is heading back to court after a jury failed to convict the man accused of snatching her belongings. The accused allegedly stole the actress' bag in 2007. A retrial has been set for Dec. 3. FEMALEFIRST.CO.UK

Caught between two worlds

Amreeka follows a Palestinian mother and son in rural Illinois

STEVE GOW
for Metro Canada

Cherien Dabis grew up caught between two worlds. Brought up in a rugged, rural Ohio town, the critically-acclaimed Palestinian filmmaker always struggled to find her identity.

"I think that my identity crisis is part of what drove me to become a filmmaker," said Dabis during a recent interview in Toronto. "I wasn't American enough for the Americans and I wasn't Arab enough for the Arabs — so that left me feeling as an outsider which gave me an interesting perspective."

That unique viewpoint has also furnished the fiction for her first award-winning feature film, Amreeka. Set in rural Illinois, the drama chronicles Muna, an earnest immigrant mother and her son struggling to survive in the landscape of America.

Amreeka opens in theatres on Friday

For Dabis, it was especially important to play down politics in lieu of a more human story.

"It's something I felt the need to escape," explained Dabis about constantly being saddled in the mire of international politics herself. "Growing up, the first question when people found out I was Palestinian was 'What do you think of what's going on over there?'

"It still happens so I think that was, in part, the reason I felt the need to make a movie that stripped Palestinians of the politics and saw them as humans beings — through this humanist perspective."

As such, well-intentioned Muna doesn't deal in her people's struggle as much as she battles with high school hijinks and the only job she can wrangle in spite of her university education — flipping burgers at White Castle.

In Amreeka, Melkar Muallem plays a Palestinian teen who emigrates to the U.S. with his mother.

"I wasn't American enough for the Americans and I wasn't Arab enough for the Arabs — so that left me feeling as an outsider, which gave me an interesting perspective." Cherien Dabis, filmmaker

"My interest lies in that fine line between comedy and drama, between the humour and the pathos," said Dabis. "I like the type of comedy that comes out of the reality of people's lives, that comes out of the vulnerability of characters. That's really the kind of humour I gravitate towards and in that humour is so much pain. That's really the sweet spot for me."

People seem to be in agreement. With tons of praise and a prize at this year's Cannes Film Festival, Amreeka is a bona fide hit. So one wonders, with success has the struggling filmmaker finally found herself? "There are definitely moments where I'm comfortable in my own skin," reflected Dabis with a momentary pause. "You know, everyone has a bad day."

Lloyd Webber diagnosed with prostate cancer

MUSIC A spokeswoman for Andrew Lloyd Webber says the composer has been diagnosed with prostate cancer. A statement yesterday said "the condition is in its very early stages. Andrew is now undergoing treatment and expects to be fully back at work before the end of the year."

Lloyd Webber, 61, recently announced plans for a sequel to his musical Phantom of the Opera. Called Love Never Dies, it is scheduled to open in London's West End in March and follow on Broadway in November. THE ASSOCIATED PRESS

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No jail for Kanye

Kanye West won't face jail time for last year's scuffle with a photographer at an L.A. airport. A judge has ruled charges will be dismissed if West and his manager do 50 hours of community service by Christmas, according to the New York Daily News. **METRO WORLD NEWS**

Tara-Jean wins SYTYCD Canada title

COMPETITION Tara-Jean Popowich of Lethbridge, Alta., has won the second season of So You Think You Can Dance Canada.

The 20-year-old earned the most viewer votes to nab the $100,000 grand prize and a new car in last night's finale on CTV.

Popowich specializes in contemporary dance and was touted as one of the frontrunners going into the finale.

Judges said she had "star quality" but was also humble and could touch people's emotions.

Three other finalists made it to the finale: Everett Smith of Glen Morris, Ont., Jayme Rae Dailey of Montreal and Vincent Desjardins from Trois-Rivieres, Que.

THE CANADIAN PRESS

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Dracula: Not quite dead yet

Dracula the Un-Dead

Author: Dacre Stoker, Ian Holt
Publisher: Viking Canada
Price: $34 (Hardcover)

More than 100 years ago, Bram Stoker published the gothic-horror classic Dracula. But that wasn't the count's last hurrah: Now, he's resurfaced Dracula the Un-Dead, a sequel by Stoker's Montreal-born great-grandnephew Dacre and Dracula historian Ian Holt. The thrilling tale picks up 25 years after the original in London, centering on the son of Jonathan and Mina Harker, Quincey. Upon seeing a Dracula stage play, young Harker understands the horror his parents experienced when they helped slay the count. But his introduction to darkness is just beginning, as those who brought Dracula to his end are hunted down, raising suspicions about what happened when the vampire "crumbled into dust."

Frostbite

Author: David Wellington
Publisher: Three Rivers Press
Price: $17.99 (Paperback)

A job in the Northwest Territories turns into a life-changing nightmare for Cheyenne Clark in David Wellington's Frostbite. Chey fears a wolf is about when she hears a howl in the night air. Her alarm becomes reality when the wolf attacks, biting her before she can get away. A stranger she meets brings Chey to the cabin of his friend Montgomery Powell, who bears striking likeness to the wolf. Before long, Chey becomes caught in a struggle with Powell, when she learns that she too has become a werewolf and must decide whether to stay embrace her new identity or reintegrate into her old life.

BookPicks

Thirst No. 1

Author: Christopher Pike
Publisher: Simon Pulse
Price: $12.99 (Paperback)

In the mid-1990s, young-adult fiction author Christopher Pike released The Last Vampire, a popular six-part series focusing on Sita, a 5,000-year-old vampire. Thirst No. 1 features the first three books in the series (The Last Vampire, Black Blood and Red Dice), with the second half set for release in 2010. Today, Sita (a teenager in appearance) has adopted the name Alisa. When the man who turned her into a vampire pursues her, Alisa protects herself by killing others. When she discovers and falls in love with Ray, the person key to her survival, Alisa must reconcile the mortal and immortal worlds to save Ray and herself. — **BRIAN COULTON/ FOR METRO CANADA**

VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 10/26/09	251	308	3	CBC	Wheel-Fortune	Jeopardy! (N)	Battle-Blades	Little Mosque	Just for Laughs (N) (CC)		CBC News: The National (N)		(:05) The Hour
	254	-	8	OMNI	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		The Simpsons
	250	321	9	CTV	etalk (CC)	Hollywood	Dancing With the Stars (Live) (CC)				(:02) CSI: Miami (CC)		CTV News
	-	-	10	JOY	Frasier (CC)	The Insider	Daily Weekend Edition (CC)		No Place Like	On the Buses	Perspectives	Ek Noor	New Day
	252	336	11	GTV	Entertainment	ET Canada	House (CC)		Lie to Me (N) (CC)		Heroes "Strange Attractors"		News
	256	389	12	VI	Gossip Girl (N) (CC)		So You Think You Can Dance		Two/Half Men	Big Bang Th	(:02) Castle (N) (CC)		A News (N)
	253	359	13	CITY	The Office	The Office	How I Met	Accidentally	Trauma "Masquerade" (N)		The Jay Leno Show (N) (CC)		The CityNews
	-	-	14	CW	The Office	The Office	One Tree Hill (N) (CC)		Gossip Girl (N) (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15	CBS	Entertainment	The Insider	How I Met	Accidentally	Two/Half Men	Big Bang Th	CSI: Miami (CC)		KIRO 7 News
	287	379	16	NBC	Evening Mag.	Inside Edition	Heroes "Strange Attractors"		Trauma "Masquerade" (N)		The Jay Leno Show (N) (CC)		KING 5 News
	602	568	19	W	Old Christine	Friends (CC)	Friends (CC)	Grocery Bag	Love It or List It (N)		House-Sell	Divine Design	Love It-List It
	288	380	21	ABC	Wheel-Fortune	Jeopardy! (N)	Dancing With the Stars (Same-day Tape) (CC)				(:02) Castle (N) (CC)		KOMO 4 News
	-	-	23	KVOS	M*A*S*H	Seinfeld	Jason X ★ (2002) Lexa Doig, Lisa Ryder.			Real Ghost Stories (CC)	Seinfeld		King
	291	383	27	PBS	Conver-KCTS	Antiques	Antiques Roadshow (CC)		American Experience: 1929		Final Hours: Amelia Earhart		Voces (CC)
	290	382	28	FOX	Two/Half Men	Two/Half Men	So You Think You Can Dance		Lie to Me (N) (CC)		Q13 FOX News at Ten (N)		Family Guy
	-	364	45	PBS	Herbert Hoover: Landslide (N)		Being Served	Keeping Up	Tavis Smiley	Charlie Rose (N) (CC)		Antiques Roadshow (CC)	
	296	654	50	SBK	The Office	Name Is Earl	Frasier (CC)	'70s Show	South Park	Half & Half	Bring Wall St	Hatchett	Paid Program
	298	653	55	TLA	Two/Half Men	Two/Half Men	One Tree Hill (N) (CC)		Gossip Girl (N) (CC)		KTLA Prime News (N) (CC)		Friends (CC)
	295	651	56	WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Friends (CC)	Friends (CC)	Maury (CC)	
	297	652	57	WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Friends (CC)	According-Jim	Family Guy	South Park	Scrubs (CC)
	199	311	76	STR	CTV News	NTV Latenight News		Late Show-Letterman		Late Late Show		Inside Edition	Will & Grace
news	502	390	26	NW	Obama's War (N) (CC)		CBC News: The National (N)		CBC News: The National		Obama's War (CC)		National
	500	500	33	CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22	RSP	This Great Land-Torch		Hockey		The Ultimate Fighter		Sportsnet Connected (Live)		Sportsnet
	400	400	30	TSN	NFL Football: Eagles at Redskins			SportsCentre (Live) (CC)		Billiards: WPBA U.S. Open		Fort Strong	SportsCentre
	411	457	43	OLN	Ghost Hunters (CC)		Bounty Hunter	Bounty Hunter	Survivorman (CC)		Ghost Hunters (CC)		Bounty Hunter
	410	403	54	SCR	WWE Monday Night Raw		Score Now	Score Now	WWE Monday Night Raw (CC)				Cabby Unlimit
	417	406	59	SC	Barrett-Jackson		Car Crazy (N)	Pass Time	This Week in NASCAR		SuperCars	SuperCars	Auctions
	416	409	144	GLF	Fútbol: Equipos SA		Off the Pitch	Gol TV News	Off the Pitch	Game Cap	Paid Program	Gol TV News	Gol TV News
family	552	543	25	YTV	Flintst.-Rock.	Prank Patrol	Malcolm-Mid.	Hates Chris	8 Rules	What I Like	The Next Star (CC)		Adrenaline
	555	545	50	TEL	Scooby Doo!	Scooby-Doo and the Loch Ness Monster (CC)			Futurama	King of Hill	American Dad	Futurama	Chicken
	557	541	51	FAM	Sonny Chance	Zack & Cody	Overruled! (N)	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
	553	546	53	TRE	Babar (CC)	Big & Small	Max & Ruby	Dragon	Backyard	Ni Hao	Go, Diego, Go!	Franklin	Comfy Couch
cable variety	268	354	5	KNO	Recreat. Eden	Landscape	Monarchy "Dynasty" (N)		Visions of Space (N) (CC)		(:05) FASD: Finding Hope		(:05) Bill Reid
	575	583	20	CMT	Home Imp.	Home Imp.	Due South "The Deal" (CC)		Reba (CC)	Reba (CC)	According-Jim	According-Jim	Home Imp.
	570	580	24	MM	You Can Dance		One Tree Hill (CC)		Video on Trial	Video on Trial	MuchVibe		Spotlight Pink.
	600	564	29	H&G	House	House	Holmes on Homes (CC)		House Poor	Income Prop.	For Rent	My First Place	House
	615	520	31	A&E	Extreme Paranormal (N)		Extreme Paranormal (CC)		(:01) Intervention (CC)		(:01) Intervention "Cristy"		Paranormal
	628	584	32	SPKE	Disorderly Conduct: Video		Resident Evil ★ (2002) Milla Jovovich, Michelle Rodriguez.				MANswers	MANswers	MANswers
	521	560	34	TLC	Cake Boss	Cake Boss (N)	Little People	Little People	Jon & Kate Plus 8 (CC)		Cake Boss	Cake Boss	Cake Boss
	616	522	39	SHO	The Outer Limits (CC)		Time and Again (2007, Drama) Brooke Burns. (CC)				Bones "The Man in the Cell"		NCIS (CC)
	620	523	40	BVO	Monty Python: Almost Truth		Law & Order "All New" (CC)		Without a Trace (CC)		Monty Python: Almost the Truth		
	601	562	41	SLC	Plastic-Perfect	Plastic-Perfect	ET Canada	What	Biggest Loser Australia (N)		Beauty and the Geek (CC)		Trading Sp
	520	505	42	DIS	Canada's Worst Driver (CC)		Daily Planet (CC)		MythBusters "Coffin Punch"		Canada's Worst Driver (CC)		Dirty Jobs
	522	506	44	HIS	Exploring Hitler's Munich		Patton 360 (CC)		Battles BC (CC)		Generation Kill "The Cradle of Civilization"		
	627	528	45	SPC	(6:00) Scream 3 ★★★ (2000) David Arquette.			Stargate SG-1 (CC)		Star Trek: Next Gener.		Star Trek: Voyager (CC)	
	294	650	47	TBS	Family Guy	Family Guy	Name Is Earl	Name Is Earl	Sex and-City	Harold & Kumar Go to White Castle ★★			Code-Cleaner
	619	525	48	TROP	Raymond	Raymond	The Outer Limits (CC)		ET Canada	Comeback	Family Guy	Raymond	Trading Sp
	603	561	52	FN	At the Table	At the Table	Restaurant Makeover (CC)		Unwrapped	Unwrapped	Top Chef: Las Vegas (CC)		Food
	-	-	58	AMC	Halloween ★★★ (1978, Horror) Donald Pleasence. (CC)				Thirteen Ghosts ★ (2001, Horror) Tony Shalhoub. (CC)				Raising Cain
	626	547	57	COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Steven Wright: Leaves		Daily Show
	320	621	60	CEN	(6:15) Art of War II: Betrayal		Dexter Debra blames herself.		Californication	Nurse Jackie	Lock 'n Load	Margot at the Wedding (2007)	
	581	566	101	MTV	Peak Season	Peak Season	MTV Live	Sex News	Gone Too Far "Gina" (CC)		Peak Season	After	MTV Live
	261	394	102	V	Unscripted (N)	Archaeologist	Poltergeist: The Legacy		Mandela ★★★ (1996) Nelson Mandela rises to president of South Africa.				
	-	-	103	MUL	Sewing Maid	Boys Over Flo	State Secret		Magpakailanman		Pinoy	Pinoy Records	Patrol World

critics'corner

CSI: Miami

Welcome back, Alexx! Fans will remember that Dr. Alexx Woods (Khandi Alexander), the team's medical examiner, quit when a murder case hit a bit too close to home. She returns to help the CSIs when a killer jeopardizes the lives of Calleigh and Ryan (Emily Procter, Jonathan Togo). David Caruso and Adam Rodriguez also star in "Smoke Gets in Your CSIs." 10 PM on CBS, 10:02 PM on CTV

Canada's Worst Driver

A sort of "Canadian Idol" of the highway — in reverse — this series, starting a new season tonight, showcases some of the most atrocious motorists in the land, winnowing down the field to find the worst of the worst. Contenders include a 25-year-old punk rocker who has damaged all his parents' vehicles and a 40-something woman who has had 11 major accidents and was nominated for the show by eight different people. Andrew Younghusband hosts. 7 PM on DIS

Morrissey recovering after onstage collapse

MUSIC Former Smiths frontman Morrissey was hospitalized in stable condition yesterday after collapsing during a concert, a hospital spokeswoman said.

The singer was recovering in the English city of Swindon after collapsing on Saturday night A note on the 50-year-old singer's website thanked fans for their good wishes.

THE ASSOCIATED PRESS

Kenya'sStyle

Kenya Hunt

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The neighbour from hell

Simon Cowell has been dubbed "the neighbor from hell" by residents living near his $23 million US dream home in Beverly Hills, which has been under construction for quite some time, according to the Daily Mail. METRO WORLD NEWS

Celebrity Buzz

Hilton valuables recovered

CRIME DOESN'T PAY Paris Hilton, who was burglarized last year of an estimated $2 million US in jewelry, has gotten most of her valuables returned by the LAPD, her rep confirms to people.com

"Paris went to the police station last night to retrieve her stolen belongings," her publicist Dawn Miller tells People. "She didn't get everything but fortunately most of her jewelry was returned. She is really pleased and thankful to the LAPD for their help."

Hilton, 28, is one of a string of celebrity victims of an alleged burglary gang comprised of mostly teenagers. Suspect Rachel J. Lee, 19, who detectives believe is the ringleader, was arrested in Las Vegas Thursday, and remains in custody. Lee had an apparent fascination with celebrity fashion, a source close to the case tells People.

METRO NEWS SERVICE

New kid-friendly beau

MUST LOVE CHILDREN When Britney Spears' two sons, Sean and Jayden, were looking for a pal to splash around with poolside during a recent trip with their mom to Mexico, they knew who to call on: Her new beau, Jason Trawick, people.com reports.

"Jason was great with the kids and you can tell Britney really trusts him," an eyewitness to the group's three-night getaway at the Tides Zihuatanejo resort in Mexico earlier this month, tells Us. "He would pick up Jayden if he wanted to be held, immediately calming the boy down."

And it is Trawick's calming influence over her sons that puts mom Spears — whose two-year marriage to Kevin Federline ended in 2006 — at peace.

METRO NEWS SERVICES

Celebrity tweets

Jonathan Ross keeps fans updated on Morrissey after the singer's onstage collapse, Nicole Richie doesn't like what Los Angeles is doing to her, and Katy Perry is looking out for her former teen idols.

- @wossy Latest Moz update. He is resting and hoping to finish these dates, inc. Albert hall on Tuesday. Will keep you posted as and when.
- @nicolerichie Just had a brief encounter with a woman who was so nice, I thought she was joking & I got mad. I think its time for me to move.
- @katyperry where in the world is Jonathan Taylor Thomas? I loved you JTT.

Lohan's job hunt

UNEMPLOYMENT Lindsay Lohan isn't having the easiest time finding work. Though she's been prepping for her second album for the last year and a half, she was recently dropped by Casablanca Records, according to Fox News.

METRO WORLD NEWS

Theron ups the charity ante

MOVIE STAR SMOOCH At a celebrity auction in San Francisco last week, Charlize Theron was upset that Jeremy Piven's offer of a walk-on role on Entourage was commanding higher bids than her trip to see the World Cup in South Africa, so she decided to sweeten the deal by offering to lock lips with the winner, according to Page Six, offering seven seconds of necking if the winner was a man and 20 seconds for a woman.

The happy winner, bidding $140,000 US, was female, and Theron stuck to her word.

METRO WORLD NEWS

Love leaves L.A. for New York

CHANGE OF SCENERY Courtney Love is giving up on Los Angeles and moving back to New York because some of her employees tried to cart her off to the loony bin, she tells Rush and Molloy.

"A flood of guys, at least 10, came to my house. They said there was an ambulance outside, even though we never saw one," Love recounts. "I tried to be charming. But one of the guys points a gun at me. My daughter, Frances, ran and hid under the house."

The singer is now living in Manhattan and working on a new album.

METRO WORLD NEWS

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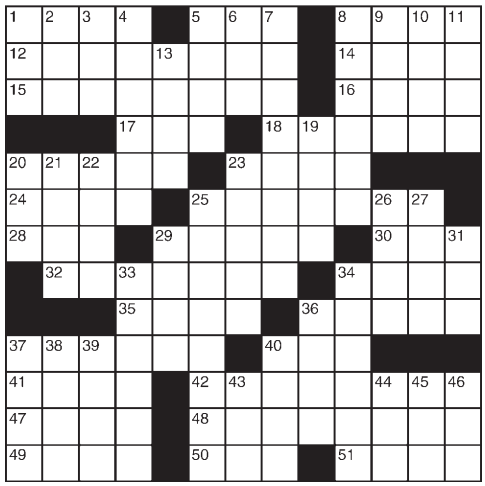
Take Five



ACROSS

1 Brownish songbird
5 Tiny
8 Large (Pref.)
12 Godparents, e.g.
14 "Once — a time"
15 Barack Obama, e.g.
16 Exploit
17 Stocking stuffer?
18 Soft and weak
20 Actor Benjamin
23 Sandwich shop
24 Depend (on)
25 Insists on
28 Yoko of music
29 Break a Commandment
30 Discoverer's cry
32 One bordering on divine
34 Witticism
35 Soon, in verse
36 Rotates
37 Sound system
40 Kin of 30-Across
41 Cabbie
42 Raze
47 Liniment target
48 Eternally
49 Disposition
50 Operated
51 Break suddenly

DOWN

1 1960s hallucinogen
2 Gorilla
3 Computer acronym
4 Seemingly unsolvable
5 Had on
6 Historic time
7 Regarded
8 Drury Lane purchase
9 Duel tool
10 Capricorn
11 Initial stake
13 Edinburgh resident
19 Level
20 Sis' sib
21 Tear to bits
22 Lotion additive
23 English cattle breed
25 Humanitarian
26 Gloomy
27 Tibia's place
29 Movie
31 Chances, for short
33 Made an impression on
34 Compunctions
36 Explorer Heyerdahl
37 Counterfeit
38 Mexican entree
39 Reverberate
40 "So be it"
43 A Gabor sister
44 Charged bit
45 Spanish Mrs.
46 With it, once

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

6		7				1		5
	1		9		8		3	
8								9
		9	6		3	2		
	5						4	
		1	7		2	6		
9								4
	3		4		1		2	
1		4				8		3

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

A	R	C		A	L	E	E		C	I	T	E		
B	A	H		F	I	L	E		A	D	A	R		
S	H	O	P	T	A	L	K		J	E	T	S		
		P	I	E	R			R	O	A	S	T		
T	A	S	E	R		B	A	A	L					
O	N	U	S		G	A	S	P	E	D	A	L		
O	N	E		P	O	S	I	T		R	B	I		
K	E	Y	C	H	A	I	N		P	O	E	T		
			H	I	T	S		D	E	P	T	H		
F	E	R	A	L			P	E	A	K				
O	V	A	L		S	T	O	P	S	I	G	N		
G	E	N	E		A	R	L	O		C	E	O		
S	N	I	T		M	A	L	T		K	E	N		

3	9	5	2	6	8	1	4	7
4	2	7	5	3	1	6	9	8
8	6	1	9	7	4	2	5	3
2	4	6	1	8	7	9	3	5
5	3	9	6	4	2	8	7	1
7	1	8	3	5	9	4	6	2
6	8	4	7	2	5	3	1	9
1	5	2	4	9	3	7	8	6
9	7	3	8	1	6	5	2	4

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day

Greek Pitas

INGREDIENTS:
1 cup (250 ml) plain yogurt
1 cup (250 ml) diced peeled cucumber
1 tsp (5 ml) dill weed
1/4 tsp (1 ml) seasoned salt
1/4 cup (50 ml) olive oil
1/4 cup (50 ml) lemon juice
2 tbsp (25 ml) Dijon mustard
2 garlic cloves, minced
1 1/2 tsp (7 ml) dried oregano
1 tsp (5 ml) dried thyme
1 1/4 lbs (625 g) lean boneless pork, thinly sliced
6 pita breads, halved and warmed
1 medium tomato, chopped
2 tbsp (25 ml) chopped onion

METHOD:
1. In small bowl, combine yogurt, cucumber, dill and seasoned salt; cover and refrigerate.
2. In large resealable plastic bag, combine oil, lemon juice, mustard, garlic, oregano and thyme; add pork. Seal bag and turn to coat; refrigerate 1 to 6 hours or overnight, turning occasionally.
3. Drain and discard marinade. In skillet, stir-fry pork about 4 minutes or until no longer pink. Stuff into pita halves; top with cucumber sauce, tomato and onion.

SERVES 6

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES
MARCH 21-APRIL 20
You need to break out of your self-imposed exile and get back in the mainstream of life. Aries needs excitement, so do something that thrills you.

TAURUS
APRIL 21-MAY 21
You will speak your mind today without fear of the consequences, and if others don't like it that's just too bad.

GEMINI
MAY 22-JUNE 21
This may not be an easy time for you but this week's major planetary changes indicate you will rise to the challenges — and there will be plenty.

CANCER
JUNE 22-JULY 22
You will be at your best over the next few days. Cosmic activity in the most dynamic area of your chart makes all things possible.

LEO
JULY 23-AUG 23
Try not to commit yourself to anything that cannot be changed at a moment's notice. The cosmic climate is unsettled to say the least.

VIRGO
AUG 24-SEPT 22
No one would deny that you have encountered some serious issues in recent weeks and have made a pretty good effort at sorting them out.

LIBRA
SEPT 23-OCT 23
With Mars, planet of action, now transiting one of the more dynamic areas of your chart, you are sure to make a good impression.

SCORPIO
OCT 24-NOV 22
With the Sun your sign and articulate Mercury joining it there on Wednesday you know precisely what to say and do to get the response you are after.

SAGITTARIUS
NOV 23-DEC 21
Doors that have been closed to you in the past are now opening wide, but you seem reluctant to take what is being offered.

CAPRICORN
DEC 22-JAN 20
The most important thing this week is that you stay calm and don't get carried away with your own success.

AQUARIUS
JAN 21-FEB 18
Force yourself to enjoy what you have to do today and before you know it, everyone will be patting you on the back.

PISCES
FEB 19-MARCH 20
With the Sun now moving in your favor you're free to dream and encouraged to believe your dream will come true. Why shouldn't it?

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This day in history

1775: King George III goes before Parliament to declare the American colonies are in rebellion, and authorized a military response to quell the American Revolution.
1951: Boxer Joe Louis comes out of retirement to fight Rocky Marciano. However, Marciano would win the fight in eight rounds.
1959: The world sees the far side of the moon for the first time.
1965: The Beatles are appointed Members of the Order of the British Empire (MBEs).
1992: The Charlottetown Accord fails to win majority support in a Canada wide referendum.

METRO NEWS SERVICES

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Panorama Village
Semiahmoo Shopping Centre

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698 West Broadway
1008 West Georgia St.
1100 Robson St.
1588 West Broadway
1709 Lonsdale Ave.
2154 West 4th
Bentall Centre
Capilano Mall
Chinatown Plaza
Lynn Valley
Oakridge Centre
Pacific Centre
Park Royal N.
Park Royal S.

OKANAGAN

CASTELGAR
635 Columbia Ave.

KAMLOOPS
Aberdeen Mall
Inside Real Canadian Superstore
Lansdowne Village

KELOWNA
Dilworth Shopping Centre
Orchard Park Shopping Centre

PENTICTON
Peachtree Square

PRINCE GEORGE
Pine Centre

QUESNEL
259 Reid St.

VERNON
Village Green Mall

WILLIAMS LAKE
Boitanio Mall

VANCOUVER ISLAND

NANAIMO
Country Club Centre
Woodgrove Centre

VICTORIA
Bay Centre
Hillside Shopping Centre
Mayfair Shopping Centre
Westshore Town Centre

Also available at these retailers:

CAMPBELL RIVER, COURTENAY
Pure Wireless

DUNCAN
VI Cellular

WHISTLER
WSC Communications

BEST BUY · BEST BUY mobile your phone, your way · COSTCO WHOLESALE · FUTURE SHOP · booth · WAL-MART · WIRELESS etc... · WIRELESSWAVE

Offer ends November 5, 2009. Available with compatible devices within Bell Mobility high-speed mobile network coverage areas. Other monthly fees, e.g., 911 (75¢), system access ($6.95; not a government fee), and one-time device activation ($35) apply. $6.95 system access fee is available with new activations and to existing customers who agree to a new committed service period (excluding corporate accounts). Paper bill service charge ($2/mo.) applies unless you register for e-bill and cancel your paper bill. Upon early termination, price adjustment charges apply. Subject to change without notice; not combinable with other offers. Taxes extra. Other conditions apply. **(1)** Based on phones evaluated at the Consumer Electronics Show 2009. **(2)** With new activation on a post-paid voice plan and a data feature (min. 500MB) with a total min. value of $45/mo. You must keep a min. $45/mo. post-paid voice and data plan for 12 months after activation, otherwise a one-time data service price adjustment of $99 will be charged on your account. Palm and Pre are among the trademarks or registered trademarks owned by or licensed to Palm, Inc.